

4-1977

## Beacon Light: April 1977

St. Cloud Hospital

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## New Infant Care Classes present modern child raising approach

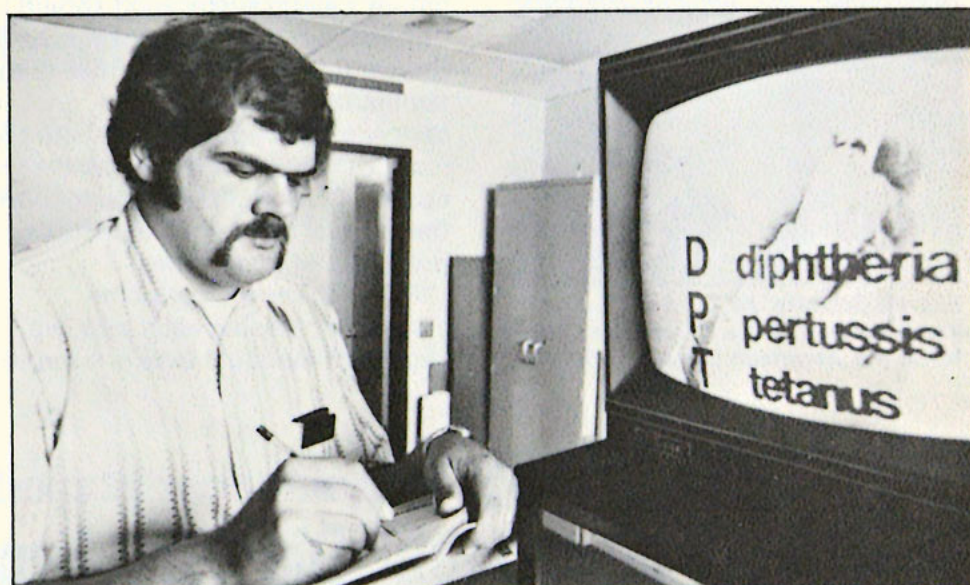
"What happens during a child's first 18 months of development is very important to the future of that child," Jim Painter, R.N., Education Coordinator at St. Cloud Hospital said.

"Proper training can provide children with a secure base which may later help them to cope with school and life," he added.

"A new series of Infant Care Classes being sponsored by the St. Cloud Hospital will allow parents the opportunity to learn more about their child's first 18 months of development," Painter said.

"The course will provide information on the latest parenting techniques," he said. "And, more importantly, it helps form the beginning of an early involvement which benefits both parent and child."

The first series of Infant Care Classes will be held in the Hospital's Hoppe Auditorium on three consecutive Wednesdays beginning April 27 at 7:00 p.m.



Jim Painter, Education Coordinator prepares for the Infant Care Classes by reviewing prospective audio-visual material.

The first unit deals with the child's physical growth and development. The unit will be taught by Jane Krystosek, R.N., Obstetric and Pediatric Nurse Clinician.

"In this session we will be

pointing out the many normal physical changes which occur during the child's first 18 months," Krystosek said. "This will give new parents a better understanding of the normal variations in their child's growth pattern."

The second unit covers the child's emotional growth. The instructor is Mary Boltuck, St. Cloud State University Professor of Childhood and Adolescent Psychology.

"The child's emotional growth cannot be separated from the physical growth," Boltuck said. "The second unit will include discussions on the importance of the development of language skills, social skills and styles of

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# Warning signs should receive prompt attention

"If every Minnesotan recognized and acted promptly upon the discovery of cancer's warning signals, thousands of lives could be saved every year," Everett



Everett Schmitz, M.D., SCH Surgeon and President of the Minnesota Chapter of the American Cancer Society.

Schmitz, M.D., medical advisor of Tri-County Metro Area Unit of the American Cancer Society said.

Dr. Schmitz is also the President of the Minnesota Chapter of the American Cancer Society and is a surgeon on the St. Cloud Hospital's Medical Staff.

"The warning signs of cancer," Dr. Schmitz pointed out, "are nature's alarm system and should be heeded promptly. The American Cancer Society urges all citizens to familiarize themselves with cancer's warning signals to help reduce the number of terminal cases." Dr. Schmitz explained that the survival rate from cancer today is one out of three cases.

"But with knowledge of the disease increasing each year, we know that we could save one out of

two, provided detection of the disease is early and the treatment prompt," he said.

Cancer's seven warning signs are:

- Unusual bleeding or discharge.
- A lump or thickening in the breast or elsewhere.
- A sore that does not heal.
- Change in bowel or bladder habits.
- Hoarseness or cough.
- Indigestion or difficulty in swallowing.
- Change in size or color of wart or mole.

Should any of these signals last longer than two weeks, Dr. Schmitz urged a prompt visit to the person's family doctor. Only he can tell if cancer is present, the

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## National Hospital Week, May 8-14

# Hospital to offer public Diabetes, Hypertension screening

Screening clinics for both diabetes and hypertension (high blood pressure) will be sponsored by the Saint Cloud Hospital during its observance of National Hospital Week.

The clinics will be conducted at the Crossroads Shopping Center Mall, Friday and Saturday, May 13 and 14.

"National Hospital Week is traditionally a time when we encourage all members of the community to become more aware of the Hospital, its services, and the personnel who perform those services," Maynard Lommel said. Lommel is the Director of the Centralized Purchasing and Materials Management Department and is co-chairing the National Hospital Week Committee. "It is a time when people can get to know the

Hospital and its personnel on an informal basis."

"The theme for this year's event is 'We Put The Care In Health Care'," Ralph Vasek, Housekeeping Department Director and Committee co-chairman said. "Through our programs and displays, we will try to show how the Hospital cares for the community, its patients and its employees."

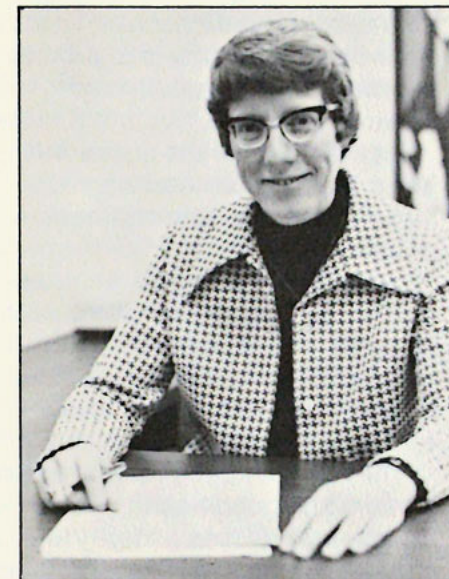
Members of the community are invited to take advantage of two free screening clinics which will be held on Friday, May 13 from 12:00 noon to 8:00 p.m.; and on Saturday, May 14 from 11:00 a.m. to 3:00 p.m. The clinics will include diabetes testing and hypertension screening.

Diabetes is the fifth leading cause of death by disease in America today. It is the second

leading cause of new cases of blindness and is a major risk factor for heart attacks, strokes, high blood pressure, gangrene and kidney failure. And, it affects over five million Americans.

Hypertension screening, testing for high blood pressure, will be performed for the third consecutive year. High blood pressure increases the risk of heart attacks three to five times more in hypertensives than in others. It is directly responsible for about 60,000 American deaths each year.

"In addition to these programs," Lommel said, "a short slide program and information on the Pap Smear Test—a simple, effective procedure which tests for uterine cancer, will be available."



## Guest Comment

By Sr. Paul Revier, O.S.B.  
Associate Administrator,  
Patient Care Services

## A nationally recognized program

Just recently, the St. Cloud Hospital's Alcohol and Chemical Addiction treatment program received national recognition by a respected expert on drug treatment. In an interview appearing in the April 4, 1977 issue of **U.S. News & World Report**, the Hospital's treatment program was noted as "one of the best in the country."

The interview concerned biofeedback training in medicine and featured Elmer Green, psychologist and head of the voluntary controls program in the Menninger Foundation's research department at Topeka, Kansas. Green indicated that biofeedback training can be used to successfully treat alcoholics.

Green said, "At the Saint Cloud Hospital in St. Cloud, Minnesota, Paul Kurtz has been running what I think is one of the best alcohol training programs in the country. He's getting some good results in a five-week program using meditation techniques and biofeedback, combined with standard therapies."

Throughout its six year history, approximately 70 percent of the Unit's 1,037 patients have gained full recovery without having to repeat the program. Efforts are currently being made toward the possibility of expanding the Unit in order to provide its services to even more patients.

We are certainly proud of this fine achievement and congratulate all those persons who, over the years, have helped shape the Unit into what it is today.

It is important to recognize that when one of our Departments is honored, we are all honored. We feel this is a reflection of the interdependence of all the departments within the Hospital.

All of our personnel are to be congratulated for this national recognition. It is only through the combined efforts of everyone working together as a team that the final goal—quality care to the individual patient is reached.



# Volunteer Department coordinates time, talent



Among her other responsibilities, Marion Svihel, above, helps patients with their hairdressing needs.



The Health Sciences Library is just one of the special areas making use of Volunteers. Laurena Ryan, above, checks in new books and journals.

Coordinating the efforts of 325 volunteers within the Saint Cloud Hospital is a big responsibility—one that is shouldered by the Volunteer Department.

"Volunteers have a two-fold purpose here," Mary Ives, Volunteer Department Director said. "They share their time and expertise with both the patients and the staff."

"Their ability to perform such responsibilities as tabulating survey results on nursing units, helping patients write letters, and even visiting with patients aids the patient and gives Hospital personnel extra time to provide more personal patient care."

"They also provide their valuable services outside the Hospital at such community health awareness projects as hypertension screening and flu clinics," Ives added.

Service to the Hospital extends into the area of fund raising projects for those volunteers who

are also members of the Hospital's Auxiliary.

"Through their special projects—the Auxiliary Ball, Fruit Cake Sales, and the Auxiliary Gift Shop," Ives said, "the Auxiliary is able to assist the Hospital financially in its efforts to provide the most modern health care services available."

"As members of the community," she added, "volunteers serve as valuable community relations people."

"Hospital volunteers are informed about the concerns of the Hospital and of changes in the health care field. They bring the concerns of the community back to the Hospital," she said.

"They also help to promote health careers and good health maintenance," Ives added.

"Although most of our volunteers are members of the Hospital's Auxiliary," Ives said, "we do provide volunteer opportunities for other organizations throughout the community."

"We coordinate the Hospital volunteer efforts for the Retired Senior Volunteer Program, the Reach to Recovery Program and the Home Delivered Meals Program," she said.

"The Department also provides

students from local schools and clubs an opportunity to serve patients and to gain an educational experience in the health care field," Ives added.

"The time commitments vary from person to person," Ives said, "but most volunteers come to the Hospital once a week and serve about four hours each visit."

"The area in which the volunteer works is determined during a membership interview where we identify their special skills and interests," Ives said. "We then place them in areas where their efforts will be challenging and fulfilling, but not overburdening."

"In order to improve our service to the Hospital," Ives said, "we are trying to establish the 'float' concept to help with staffing when a volunteer is suddenly unable to keep their commitment."

In addition to Ives, the Volunteer Department employs a full-time assistant and a part-time secretary. Together, they staff the Department ten hours each day from Monday through Saturday.

"We are providing a valuable service," Ives said, "but this service would not be possible if we didn't have the support and cooperation of all Hospital departments and personnel."



Auxiliary Edwina Konewka, above, helps by writing a letter for a patient.

## Special service, special people

"The Hospital's Auxiliary is basically a service organization," Carol Pool, Auxiliary President said. "And, it is open to anyone."

"Auxiliary members provide services to patients and personnel as volunteers within the Hospital," Pool said. "They also provide financial gifts to the Hospital through their fund-raising activities."

"Anyone with talent and a desire to share that talent with the Hospital's patients, staff and the community is welcome to join the Auxiliary," she said.

"The special talent can be anything from a friendly smile to the ability to work in a medical library," she added.

"There are no age limitations for Auxiliary members," Pool said, "and men as well as women are encouraged to join."

"People join the Auxiliary as volunteers for a number of reasons," Pool said. "Some join to satisfy personal needs and some want to share their talents with others."

"But no matter what their reason," Pool said, "Auxiliary members and volunteers are special people performing a very special service."



Volunteers take on the responsibility for a variety of Hospital activities such as guiding tours. Auxiliary President, Carol Pool above, provides an arm for these young visitors to practice their shot giving abilities on.

## National Volunteer Week Activities

During National Volunteer Week, April 24-30, SCH Volunteers have planned a variety of exciting activities to help increase Hospital awareness of their efforts. Some of the activities include:

Monday, April 25 —Volunteers will exchange jobs with Administrative personnel for one hour.

Tuesday, April 26 —Open House in the Volunteer Department.

Thursday, April 28—An outreach education program will be held in the Hoppe Auditorium. This program will be sponsored by the Auxiliary and will be open to the general public as well as Hospital personnel. The title of the program is "The Second Half of Women's Life."

Recognition of Volunteers with corsages will be held throughout the week.



*My job...and why I like it*

## Secretary finds job to be learning experience

"I've really enjoyed my past six years at Saint Cloud Hospital," Ruth Mueller said. "I have learned a lot in both Purchasing and Continuing Education."

Ruth is the secretary in the Continuing Education Department—a position she has held for almost three years. She transferred to the position from the Purchasing Department where she had been a secretary since she came to the Hospital in 1971.

"When I applied for the Continuing Education position, I didn't think I was qualified for the job," Ruth admitted. "I was really surprised when I got it."

"I enjoy working with the Continuing Education people," she said. "They are a good group of people and very education oriented."

"They keep me involved with their educational programs so I know what is going on," she added.

"This is a big help to me in my role as secretary."

Ruth explains she is responsible for a number of activities, such as coordinating the General Orientation, coordinating an annual workshop for all Hospital secretaries, and other duties like typing and taking minutes at education meetings.

"I do enjoy working as a secretary," Ruth said, but she has also decided to further her education.

After much deliberation and encouragement from the other members of the Continuing Education staff, Ruth has made the decision to go back to school and work toward her degree in business.

"I've always had an interest in

business," she admitted, "and a business degree would help get me into a management level position where I could start dealing more with people."

The National Secretaries Association has designated April 24-30 as National Secretaries Week—a time to recognize secretaries for the work they do.

"Most people take the work secretaries do for granted," Ruth said. "It's good for people to stop and take a closer look at the nitty-gritty things they really take care of."

"I think most people will be able to appreciate the work of their secretaries a lot more if they do," she added.

## Infant Care Classes

(Continued from page 1)

parenting and how they effect the child's emotional growth."

The final unit will focus on nutrition.

"As children undergo physical and emotional growth changes, their nutritional needs vary," Karen Videen, Registered Dietitian and nutrition instructor said. "In the final unit we will discuss changes which usually take place in a child's diet as well as the basics of good nutrition."

"The Infant Care Classes will not give any hard and fast rules for raising children," Painter said. "Instead, it will present modern ideas which the parents can work into their own individual parenting styles."

The cost for the Infant Care Classes is \$3.00 per couple. For



Ruth is pictured above suggesting ways in which the Hospital's Orientation program can be improved during an orientation review meeting.

more information, interested parents are invited to contact the Hospital's Department of Continuing Education, 251-2700, ext. 304.

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## The Chaplain's Corner

By Sister Georganne Burr, O.S.B.  
Associate Chaplain



Sr. Georganne

### Journey of Love

Recently we, as a pilgrim people, traveled through the season of Lent attempting to follow Christ with greater seriousness. Faithfully we followed Christ and celebrated the feast of the Resurrection with Him. We now can live in the joys that the season of Spring brings to us, as nature buds forth. We are inspired to continue our growth in the spiritual life as we watch life grow around us. Nature can speak to us of our risen God if we are attune to its pulse and allow it to touch the pulse of our own heart.

God speaks to us through His prophets, too. The Prophet Isaiah tells us how to grow spiritually. He repeatedly encourages us to LISTEN. Yes, God does speak to us in many ways but sometimes we don't hear Him because we are so concerned about whether we love Him enough, whether we're responding to Him adequately or whether we're doing His will, etcetera. It is important that we take inventory of our life, but first we need to LISTEN to God and hear what He has to say to us.

Again, God talks to us through the Prophet Isaiah, and invites us to come closer to God and LISTEN for

He calls us by name, we are His chosen people in whom He delights. "You are my witness and my servants, chosen to know and believe me and to understand that I alone am God. I am the Lord, and there is no other Savior." (Isaiah 43) Isaiah tells us further that even if a mother could forget her child, God cannot forget us because "He has carved us in the palm of His hand." All of this tells us that God loves us. When we are quiet enough within to hear Him say that, we spontaneously respond, "I love you, too!" Then our life has the proper focus, first we LISTEN to God and hear His message of love for us and then we respond out of love. A part of that response is to look at ourselves to see if our life lives out our verbal response, "I love you, too!" If we see God's deep and unending love for us we will be drawn to respond in love to Him. This is what it means to be a pilgrim people—to LISTEN to God and follow Him with a life that says, "I love you, too!" This is indeed what the journey of love in the spiritual life is all about. May Spring be a time of growth for you.

## Cancer

(Continued from page 2)

Unit medical advisor said.

Dr. Schmitz pointed out that cancer begins as a localized disease. If left unchecked, the cells as they multiply tend to spread via the lymph glands or blood vessels to other parts of the body. This can usually be prevented but prompt action must be taken once a warning sign is discovered.

The April Cancer Crusade is being held in the St. Cloud area from April 25th through May 2nd. One of the slogans is, "Help Yourself With A Checkup And Others With A Check."

### FROM THE ST. CLOUD HOSPITAL KITCHENS

#### HOT CROSS BUNS

This month's recipe from the SCH Kitchens is a traditional bread for Good Friday and the Easter season.

Yeast	1 package active dry	Salt	1 Teaspoon
Water	1/4 cup	Egg, well beaten	1
Milk, scalded	1 cup	Flour, sifted	3 1/2 cups
Shortening	2 Tablespoons	Currants	2/3 cup
Sugar	2 Tablespoons	Cinnamon	1/2 teaspoon

1. Soften yeast in warm water.
2. Combine milk, shortening, sugar, salt, cinnamon; cool to lukewarm.
3. Add softened yeast, eggs and currants.
4. Stir in flour to make soft dough. Beat vigorously. Cover and let stand in warm place till double in bulk.
5. Turn out on lightly floured board. Form into buns and flatten slightly. Place on greased baking sheet. Brush tops with milk or slightly beaten egg white. Let rise till very light.
6. Snip tops of buns at right angles with scissors to form cross. Bake 25 to 30 minutes in 375 degree oven.
7. When cooled form cross on top with powdered sugar frosting.



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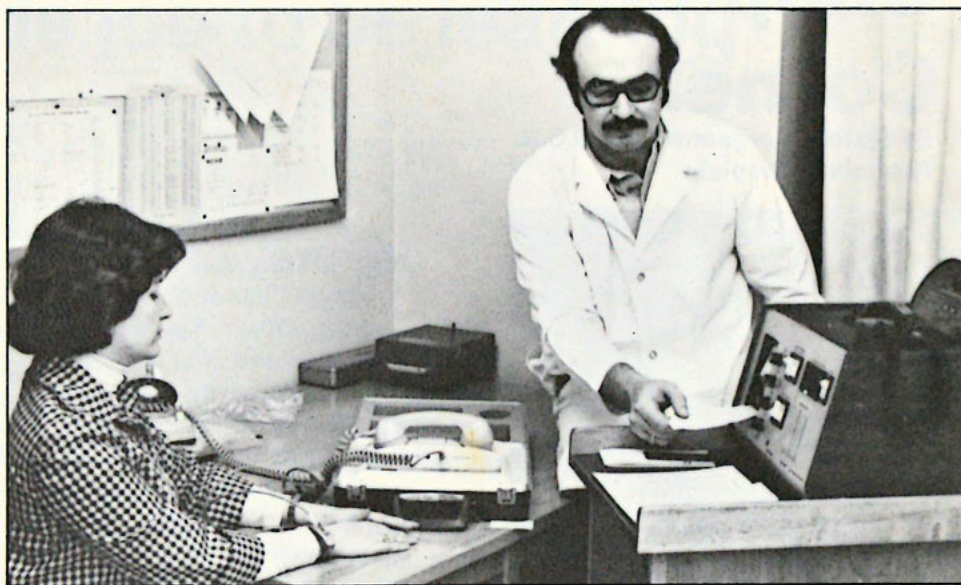
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CLARA GOHMANN

ROUTE # 4, BARDSON ADDITION

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## Follow-up simplified with Hospital based monitor



Mike Patton, EEG-ECG Department Director and Kathy Walker, ECG Technician, are pictured above demonstrating the new pacemaker monitoring equipment.

A special monitor which collects information pertaining to a pacemaker patient's heart rate and pacemaker condition over the telephone is now in use at the St. Cloud Hospital.

"The monitor allows selective patients to maximize the benefits of their pacemakers by providing a means of early recognition of pacemaker or heart related problems," James H. Kelly, M.D., Internist said. Dr. Kelly served on the Medical Staff committee which documented the need for a hospital based pacemaker monitoring system.

"Pacemaker implantations are becoming more frequent in our community," Dr. Kelly said. "As the number of patients requiring pacemakers increases, there is a greater need for a more systematized follow-up program."

The follow-up program allows pacemaker patients to call in and have their pacemaker batteries checked at pre-determined intervals. This allows patients to utilize their batteries to the fullest extent before having them replaced. It also reduces the probability of weakened batteries going unnoticed for any extended period of time.

"By having the monitoring equipment centrally located in the Hospital," he added, "we can establish a simple, organized follow-up program."

"This makes the system easier for the patient and enables physicians to provide an even better quality of health care," Dr. Kelly said.

According to Mike Patton, EEG-ECG Director, in order to operate the system, the patient need only slip on two "electrode sleeves" which are worn like bracelets on the wrists, call the Hospital, and when instructed, place the telephone receiver on their portable transmitter.

Electrical impulses containing heart rate and pacemaker condition are picked up by the "electrode sleeves" and transmitted through the telephone lines to the Hospital based receiver where the signal is decoded and documented on Electrocardiogram paper strips.

The pacemaker monitor has been in operation at the Hospital for about 2 months. According to Patton, the program is currently serving 10 patients.